The seven main weaknesses and the seven days' *course* to end them.

Are you able to stabilise yourself beyond sound in a *second*? Just as you are able to move your physical organs as and when you wish, in the same way, are you able to stabilise the love of your intellect as, when and wherever you wish? Have you become *powerful* to this extent? Are you progressing in this method? If the method is accurate, you will definitely experience the result, that is, success and greatness, increasing day by day. According to this result, you are able to recognise how accurate the stage of your effort is. The success of this is the main sign of recognising the method. In order to recognise anything, there are specific signs. So, through this sign, are you able to recognise the signs of your perfect intellect? Nowadays, what are the main weaknesses visible in the efforts of the effort-makers?

1. There is no longer any power in your awareness.
2. According to your capacity, you have developed numberwise divinity and spirituality in your vision.
3. Due to a lack of *will-power* in your attitude, your attitude is not constant; it continues to become mischievous.

4. Due to a lack of *attention* being paid to the incorporeal stage, the main vices of body consciousness, lust and anger repeatedly attack you from time to time.
5. Whilst you are living in a gathering or coming into connection with others, the atmosphere and the *vibrations* create their own *impression* on you.
6. Due to a lack of the avyakt, angelic stage you *fail* when you start to have any *feeling* of good or bad things.
7. You are not that content with your pilgrimage of remembrance.

This is the numberwise *result* of the efforts of the effort-makers.

Now, in order to finish these seven things, you have to do the seven days' *course* again. Whilst keeping these seven things in your mind, you yourself must once again *revise* the seven days' *course* that you give to others. You are *revising* the murlis, and, by *revising* them, you experience newness and power increasing. In the same way, now sit in solitude at amrit vela, and solve each of the seven things one by one, and then churn how they are merged in your day's activity and then extract the butter, that is, the essence, and exchange views amongst yourselves. You have done the *course*, but, just as after giving the *course* to students, you give them a clever method for every lesson and bring something to their *attention*, in the same way, each of you *regular Godly students* has to *practise* once again one *part* for one week and put it into a *practical* form. Just as you do the weekly course and you also have a weekly *service programme* for purity or for peace, so too for your own *progress*, *practise* once again each lesson for a week and put it into a *practical* form. So what will happen by *revising* it? Success will easily and clearly be seen to be close. Then you will automatically become elevated.

In order to make yourself great in every thought and every action, tell Baba three things about the easiest method. Baba is asking you to bring about greatness in your thoughts, words and deeds. In order to become great, first, you have to consider yourself to be a guest in the old world. Second, whatever thoughts or deeds you perform, keep the great contrast in your intellect and then have those thoughts or perform those deeds. Third, continue to praise the virtues and the elevated task of the Father and the divine family. First, a guest, second, the great contrast and third, the praise: if you continue to think about these three things, the seven weaknesses will finish. Because of not considering yourself to be a guest, you become *attracted* by any form or company and your *attention* is drawn to that. By keeping the great contrast in front of you, there can never be any trace or progeny of body consciousness or anger. Third, by continually praising the virtues and the task of the Father and each soul, you will not have any ill *feeling* due to any situation or person; and by your constantly singing praise of the virtues and the task, the discontentment of the pilgrimage of remembrance will easily change into constant remembrance. Constantly keep these three words in your awareness and you will become powerful. Then your vision, your attitude, your awareness and the atmosphere will all be transformed.

From the copper age until now, you have been singing praise of your own self and of the souls of your divine family. You have been singing their songs of praise. Now, why does your intellect see or imbibe the weaknesses of souls with whom you come into connection in the living form? Even now, you must sing praise of the virtues of the elevated souls that have been selected out of the entire world. Use your intellect to imbibe their virtues, and your lips to continue to sing the praise of both. Then, would your vision or your attitude become mischievous? Would there be any *feeling* of anyone's weakness? Now, you have experienced that, no matter how *attractive* an idol in a temple may be, how beautifully decorated it may be, your vision does not become mischievous towards its beauty and beautiful decoration, even the slightest, even in your thoughts. However, if you see any *attractiveness* or any beauty in a *cinema* or any such books, or if you even see a hoarding, your vision and attitude then become mischievous. Why? Even the idols have that *attraction*. The idols also have that beauity in their decoration and in their *features*. Even then, why does your vision and attitude become mischievous? Keep both these images in front of

yourself or on either side in your room and as you go to one side, the attitude becomes mischievous in a *second,* and by going to the other side, the attitude becomes pure. What is the reason for this purity and impurity? Awareness. You have the awareness that this one is a goddess, and so the awareness makes your vision and your attitude pure, but when you have the awareness that this one is a *female*, then that awareness pulls your vision and attitude towards impurity. There, you see the form (rup), whereas on the other side, you see the spirituality (ruhaniyat). You must have had this experience in the *past*, have you not? At present it is also to a *percentage*. Therefore, in order to finish this, whenever you see anything anywhere, whenever you are speaking to anyone, what should you have in your awareness? To consider that one to be a soul is the *first stage*, but, whilst performing actions, whilst coming into connection and relationship, have the awareness that all these are the living forms of the non-living deity images. So, by having the form of a deity in your awareness, just as you do not have the slightest thought of impurity or *attraction* for the body of the non-living images, in the same way, by having this awareness for the living images, you will not have this *complaint* even in your thoughts and you will become *complete*. Do you understand? These are the methods to overcome completely the *complaint* of the present efforts of the effort-makers. Achcha.

Those who are in the bhatthi are progressing. Is your *speed* also fast? It should not be that, as soon as this bhatthi is over and you come down, your *speed* reduces. You are making such effort, are you not? Achcha.

Blessing: May you be an easy yogi who gives love and co-operation and is loved by the Father, the Comforter of Hearts.

BapDada loves the love of the children. Those who love the yagya and are co-operative automatically become easy yogis. Co-operation (sahyog) is easy yoga. The Father, the Comforter of Hearts, only loves love from the heart and those who are co-operative. Those who have a small heart become happy by making a small deal whereas those who have a big heart make an unlimited deal. *Value* is given to the love and not the item. This is why the uncooked rice of Sudama has been remembered. No matter how much someone gives generally, if there is no love in that, it is not accumulated. With love, when you accumulate even a little, that becomes multimillionfold.

Slogan: In order that your time and power are not wasted, first think and then do it practically.

*****OM SHANTI*****